The Summary of Benefits and Coverage (SBC) document will help you choose a health plan. The SBC shows you how you and the plan would share the cost for covered health care services. NOTE: Information about the cost of this plan (called the premium) will be provided separately. This is only a summary. For more information about your coverage, or to get a copy of the complete terms of coverage, go to www.medica.com/2021QuestPolicies or call 866-582-7035. For general definitions of common terms, such as allowed amount, balance billing, coinsurance, copayment, deductible, provider, or other underlined terms, see the Glossary. You can view the Glossary at https://www.healthcare.gov/sbc-glossary or call 866-582-7035 to request a copy.

| Important Questions | Answers | Why This Matters: |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| What is the overall <u>deductible</u> ? | \$0 at Indian Health Care <u>Provider</u> (IHCP) or with IHCP <u>referral</u> at non-IHCP; \$7,000 Individual / \$14,000 Family for non-IHCP in-network services. \$20,550 Individual / \$41,100 Family for out-of-network services. | Generally, you must pay all of the costs from <u>providers</u> up to the <u>deductible</u> amount before this <u>plan</u> begins to pay. If you have other family members on the <u>plan</u> , each family member must meet their own individual <u>deductible</u> until the total amount of <u>deductible</u> expenses paid by all family members meets the overall family <u>deductible</u> . |
| Are there services covered before you meet your <u>deductible</u> ? | Yes. <u>Preventive care</u> , preventive prescriptions and <u>copay</u> services from non-IHCP in-network <u>providers</u> are covered before you meet your <u>deductible</u> . | This <u>plan</u> covers some items and services even if you haven't yet met the <u>deductible</u> amount. But a <u>copayment</u> or <u>coinsurance</u> may apply. For example, this <u>plan</u> covers certain <u>preventive</u> <u>services</u> without <u>cost sharing</u> and before you meet your <u>deductible</u> . See a list of covered <u>preventive services</u> at <u>https://www.healthcare.gov/coverage/preventive-care-benefits</u> . |
| Are there other deductibles for specific services? | No. | You don't have to meet <u>deductibles</u> for specific services. |
| What is the <u>out-of-pocket</u> <u>limit</u> for this <u>plan</u> ? | \$8,550 Individual/ \$17,100 Family for non-IHCP in-network services. Not applicable out-of-network. | The <u>out-of-pocket limit</u> is the most you could pay in a year for covered services. If you have other family members in this <u>plan</u> , they have to meet their own <u>out-of-pocket limits</u> until the overall family <u>out-of-pocket limit</u> has been met. |
| What is not included in the <u>out-of-pocket limit</u> ? | Premiums, balance billing charges, health care this plan doesn't cover, out-of-network deductible and coinsurance. | Even though you pay these expenses, they don't count toward the <u>out-of-pocket limit</u> . |
| Will you pay less if you use a <u>network provider</u> ? | Yes. Visit <u>www.medica.com/SearchQuest</u> or call 866-582-7035 (TTY:711) for a list of <u>network providers</u> . | This <u>plan</u> uses a <u>provider network</u> . You will pay less if you use a <u>provider</u> in the <u>plan's network</u> . You will pay the most if you use an <u>out-of-network provider</u> , and you might receive a bill from a <u>provider</u> for the difference between the <u>provider's</u> charge and what your <u>plan</u> pays (<u>balance billing</u>). Be aware, your <u>network</u> <u>provider</u> might use an <u>out-of-network provider</u> for some services (such as lab work). Check with your <u>provider</u> before you get services. |
| Do you need a <u>referral</u> to see a <u>specialist</u> ? | No. | You can see the <u>specialist</u> you choose without a <u>referral</u> . |

All <u>copayment</u> and <u>coinsurance</u> costs shown in this chart are after your <u>deductible</u> has been met, if a <u>deductible</u> applies.

| | | What You Will Pay | | | |
|---------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Common Medical Event | Services You May Need | Indian Health Care Provider (IHCP) (You will pay the least) | In-Network Provider (You will | Non-IHCP Out-of-Network^ Provider (You will pay the most) | Limitations, Exceptions & Other Important Information |
| If you visit a health care <u>provider's</u> office or clinic | Primary care visit to treat an injury or illness | No charge | Primary care: \$80 copay/ visit. Deductible does not apply. Retail health clinics: \$20 copay/ visit. Deductible does not apply. Chiropractic care: \$80 copay/ visit. Deductible does not apply. | | 50% <u>coinsurance</u> for other outpatient services. Primary care visits provided at an outpatient facility may be subject to <u>coinsurance</u> and <u>deductible</u> . <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). |
| | <u>Specialist</u> visit | No charge | \$150 <u>copay</u> / visit. <u>Deductible</u> does not apply. | 50% <u>coinsurance</u> | <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). |
| | Preventive care/ screening/ immunization | No charge | No charge. <u>Deductible</u> does not apply. | Immunizations covered 0% <u>coinsurance</u> for members to age 18. <u>Deductible</u> does not apply. Other services: 50% <u>coinsurance</u> | You may have to pay for services that aren't preventive. Ask your provider if the services needed are preventive. Then check what your plan will pay for. Cost sharing waived at non-IHCP with IHCP referral. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance billing). |
| | Diagnostic test (x-ray, blood work) | No charge | 50% coinsurance | 50% coinsurance | Cost sharing waived at non-IHCP with IHCP referral. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance billing). |
| If you have a test | Imaging (CT/PET scans, MRIs) | No charge | 50% coinsurance | 50% coinsurance | *May require prior authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). |

* For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.medica.com/2021QuestPolicies</u>. ^Out-of-Network services received in the state of Oklahoma, except <u>Emergency Services</u>.

| | | | What You Wi | ll Pay | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Common Medical Event | Services You May Need | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Out-of-Network^ Provider (You will pay the most) | Limitations, Exceptions & Other Important Information | |
| If you need drugs to treat your illness or condition More information about prescription drug coverage is available at www.medica.com/ BronzeRx3. | Generic drugs | No charge | \$25 <u>copay</u> / prescription. <u>Deductible</u> does not apply. | are not covered. | | |
| | Preferred brand drugs | | \$165 <u>copay</u> / prescription. <u>Deductible</u> does not apply. | | Up to a 31-day supply per prescription. *May require prior authorization. For preferred/non-preferred retail and <u>specialty drugs</u> , \$150 <u>copay</u> for orally-administered cancer treatment medications. <u>Deductible</u> does not apply. Proton pump inhibitors (except for | |
| | Non-Preferred brand drugs | No charge | 70% <u>coinsurance</u> | | members 12 years of age and younger, and those members who hav a feeding tube) and non-sedating antihistamines are not covered. Insulin: Your cost-share will not exceed \$25 per retail prescription uni | |
| | | No charge | Preferred: \$700 copay/ prescription. Deductible does not apply Non-Preferred: \$800 copay/ prescription. Deductible does not apply | Not covered | *Refer to the Exceptions to the Drug List section of your Policy of Coverage for more details. No charge for preventive drugs. <u>Cost</u> <u>sharing waived at non-IHCP with IHCP referral</u> . If an <u>out-of-network</u> <u>provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| If you have outpatient | Facility fee (e.g., ambulatory surgery center) | No charge | 50% coinsurance | 50% coinsurance | *May require prior authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the | |
| surgery | Physician/surgeon fees | No charge | 50% <u>coinsurance</u> | 50% coinsurance | allowed amount, you may have to pay the difference (balance billing). | |
| | Emergency room care | No charge | 50% coinsurance | 50% coinsurance | <u>Network deductible</u> applies. If a non-network <u>provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance</u> <u>billing</u>). <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . | |
| If you need immediate medical attention | Emergency medical transportation | No charge | 50% coinsurance | 50% coinsurance | Non-IHCP In-network <u>deductible</u> applies out-of-network. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | <u>Urgent care</u> | No charge | \$80 <u>copay</u> / visit. <u>Deductible</u> does not apply. | \$80 <u>copay</u> / visit. <u>Deductible</u> does not apply. | <u>Network deductible</u> applies. If a non-network <u>provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . | |

* For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.medica.com/2021QuestPolicies</u>. ^Out-of-Network services received in the state of Oklahoma, except <u>Emergency Services</u>. Summary of Benefits and Coverage: What this Plan Covers & What You Pay for Covered Services MEDICA. OK Medica Quest Bronze Copay Limited

Coverage Period: Beginning on or after 01/01/2021 Coverage for: Individual or Family | Plan Type: PPO

| | | What You Will Pay | | | | |
|------------------------------------------------------------------------------------|-------------------------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| Common Medical Event | Services You May Need | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Out-of-Network^ Provider (You will pay the most) | Limitations, Exceptions & Other Important Information | |
| lf you have a hospital stay | Facility fee (e.g., hospital room) | No charge | 50% coinsurance | 50% <u>coinsurance</u> | *May require prior authorization. Rehabilitative and habilitative services each limited to 30 days/ year. Notification required. <u>Cost</u> <u>sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network</u> <u>provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Physician/surgeon fees | No charge | 50% <u>coinsurance</u> | 50% <u>coinsurance</u> | *May require prior authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| If you need mental health, behavioral health, or substance abuse services | Outpatient services | No charge | \$80 <u>copay</u> / visit. <u>Deductible</u> does not apply. 50% <u>coinsurance</u> for other outpatient services. | 50% <u>coinsurance</u> | *May require prior authorization. Other outpatient services include intensive outpatient programs, diagnostic evaluations and psychological testing. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed</u> <u>amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Inpatient services | No charge | 50% <u>coinsurance</u> | 50% <u>coinsurance</u> | *May require prior authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Office visits | No charge | Prenatal: 50% <u>coinsurance</u> Postnatal: 50% <u>coinsurance</u> | 50% coinsurance | <u>Cost sharing</u> does not apply for <u>preventive services</u> . Depending on the type of services, a <u>copayment</u> , <u>coinsurance</u> , or <u>deductible</u> may apply. Maternity care may include tests and services described elsewhere in | |
| | Childbirth/delivery professional services | No charge | 50% <u>coinsurance</u> | 50% coinsurance | Maternity care may include tests and services described elsewhere in the SBC (i.e. ultrasound). <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed</u> <u>amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Childbirth/delivery facility services | No charge | 50% <u>coinsurance</u> | 50% coinsurance | , , , , , , , , , , , , , , , , , | |

* For more information about limitations and exceptions, see the <u>plan</u> or policy document at <u>www.medica.com/2021QuestPolicies</u>. ^Out-of-Network services received in the state of Oklahoma, except <u>Emergency Services</u>.

| Event Need | | What You Will Pay | | | | |
|-----------------------------------------------------|-------------------------------|-------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| | | Indian Health Care Provider (IHCP) (You will pay the least) | Non-IHCP In-Network Provider (You will pay more) | Non-IHCP Out-of-Network^ Provider (You will pay the most) | Limitations, Exceptions & Other Important Information | |
| | Home health care | No charge | 50% coinsurance | Not covered | *May require prior authorization. Limited to 30 visits. Extended hours home care limited to 85 visits/ year. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Rehabilitation services | No charge | 50% <u>coinsurance</u> | 50% <u>coinsurance</u> | Physical, occupational and speech therapies limited to 25 visits/ year combined in & out-of-network. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the | |
| lf you need help | Habilitation services | No charge | 50% <u>coinsurance</u> | 50% <u>coinsurance</u> | allowed amount, you may have to pay the difference (balance billing). | |
| recovering or have other special health needs | Skilled nursing care | No charge | 50% <u>coinsurance</u> | 50% <u>coinsurance</u> | *May require prior authorization. Limited to 30 days/ year combined in and out-of-network. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed</u> <u>amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Durable medical equipment | No charge | 50% <u>coinsurance</u> | 50% <u>coinsurance</u> | *May require prior authorization. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Hospice services | | 50% <u>coinsurance</u> | Not covered | Cost sharing waived at non-IHCP with IHCP referral. If an out-of-network provider charges more than the allowed amount, you may have to pay the difference (balance billing). | |
| | Children's eye exam | No charge | \$80 <u>copay</u> / visit. <u>Deductible</u> does not apply. | 50% coinsurance | Limited to one refractive eye exam/ year to end of month member turns 19. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| lf your child needs dental or eye care | Children's glasses | No charge | 50% <u>coinsurance</u> | 50% coinsurance | Limited to one pair of glasses/ year and one pair of contacts/ year to end of month member turns 19. <u>Cost sharing</u> waived at non-IHCP with IHCP <u>referral</u> . If an <u>out-of-network provider</u> charges more than the <u>allowed amount</u> , you may have to pay the difference (<u>balance billing</u>). | |
| | Children's dental check-up | Not covered | Not covered | Not covered | Coverage is available through a stand-alone dental policy. | |

Excluded Services & Other Covered Services:

| when traveling outside the |
|----------------------------|
| e |

| ther Covered Services (Limitations may apply to these services. This isn't a complete list. Please see your <u>plan</u> document.) | | | | | |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--|--|--|
| Chiropractic care | Hearing aids limited to 1 hearing aid per ear every 48 months. 4 additional ear molds for members up to 2 years of age. | Private-duty nursing limited up to 85 visits per year. | | | |

Your Rights to Continue Coverage: There are agencies that can help if you want to continue your coverage after it ends. The contact information for those agencies is: Medica at 866-582-7035 or the Oklahoma Insurance Department, Consumer Assistance at 1-800-522-0071. Other coverage options may be available to you too, including buying individual insurance coverage through the <u>Health Insurance Marketplace</u>. For more information about the <u>Marketplace</u>, visit <u>www.HealthCare.gov</u> or call 1-800-318-2596.

Your Grievance and Appeals Rights:

There are agencies that can help if you have a complaint against your plan for a denial of a claim. This complaint is called a grievance or appeal. For more information about your rights, look at the explanation of benefits you will receive for that medical claim. Your plan documents also provide complete information on how to submit a claim, appeal, or a grievance for any reason to your plan. For more information about your rights, this notice, or assistance, contact: Oklahoma Insurance Department, Consumer Assistance at 1-800-522-0071.

Does this plan provide Minimum Essential Coverage? Yes

Minimum Essential Coverage generally includes plans, health insurance available through the Marketplace or other individual market policies, Medicare, Medicaid, CHIP, TRICARE, and certain other coverage. If you are eligible for certain types of Minimum Essential Coverage, you may not be eligible for the premium tax credit.

Does this plan meet Minimum Value Standards? NA If your <u>plan</u> doesn't meet the <u>Minimum Value Standards</u>, you may be eligible for a <u>premium tax credit</u> to help you pay for a <u>plan</u> through the <u>Marketplace</u>.

Language Access Services:

Spanish (Español): Para obtener asistencia en Español, llame al 888-592-8211 Tagalog (Tagalog): Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 888-592-8211 Chinese (中文): 如果需要中文的帮助, 请拨打这个号码 888-592-8211 Navajo (Dine): Dinek'ehgo shika at'ohwol ninisingo, kwiijigo holne' 888-592-8211

To see examples of how this plan might cover costs for a sample medical situation, see the next section.

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About these Coverage Examples:



This is not a cost estimator. Treatments shown are just examples of how this <u>plan</u> might cover medical care. Your actual costs will be different depending on the actual care you receive, the prices your <u>providers</u> charge, and many other factors. Focus on the <u>cost sharing</u> amounts (<u>deductibles</u>, <u>copayments</u> and <u>coinsurance</u>) and <u>excluded services</u> under the <u>plan</u>. Use this information to compare the portion of costs you might pay under different health <u>plans</u>. Please note these coverage examples are based on self-only coverage.

| Peg is Having a Baby | |
|-------------------------------------------------------|--|
| (9 months of in-network pre-natal care and a hospital | |
| delivery) | |

- The <u>plan's</u> overall <u>deductible</u>: \$0
- Specialist copayment: \$0
- Hospital (facility) <u>coinsurance</u>: 0%
- Other <u>coinsurance</u>: 0%

This EXAMPLE event includes services like:

Specialist office visits (prenatal care) Childbirth/Delivery Professional Services Childbirth/Delivery Facility Services Diagnostic tests (ultrasounds and blood work) Specialist visit (anesthesia)

Total Example Cost

\$12,700

In this example, Peg would pay:

| Cost Sharing | |
|----------------------------|------|
| Deductibles | \$0 |
| <u>Copayments</u> | \$0 |
| Coinsurance | \$0 |
| What isn't covered | |
| Limits or exclusions | \$60 |
| The total Peg would pay is | \$60 |

Managing Joe's Type 2 Diabetes (a year of routine in-network care of a well-controlled condition)

- The plan's overall deductible: \$0
- Specialist copayment: \$0
- Hospital (facility) <u>coinsurance</u>: 0%
- Other <u>coinsurance</u>: 0%

This EXAMPLE event includes services like:

Primary care physician office visits (including disease education) Diagnostic tests (blood work) Prescription drugs Durable medical equipment (glucose meter)

Total Example Cost

In this example, Joe would pay:

| Cost Sharing | | | | |
|----------------------------|-----|--|--|--|
| Deductibles | \$0 | | | |
| <u>Copayments</u> | \$0 | | | |
| <u>Coinsurance</u> | \$0 | | | |
| What isn't covered | | | | |
| Limits or exclusions | \$0 | | | |
| The total Joe would pay is | \$0 | | | |

Mia's Simple Fracture (in-network emergency room visit and follow up care)

- The plan's overall deductible: \$0
- Specialist copayment: \$0
- Hospital (facility) <u>coinsurance</u>: 0%
- Other <u>coinsurance</u>: 0%

This EXAMPLE event includes services like:

Emergency room care (including medical supplies) Diagnostic test (x-ray) Durable medical equipment (crutches) Rehabilitation services (physical therapy)

\$5,600 Total Example Cost \$2,800

In this example, Mia would pay:

| Cost Sharing | | | |
|----------------------------|-----|--|--|
| Deductibles | \$0 | | |
| <u>Copayments</u> | \$0 | | |
| Coinsurance | \$0 | | |
| What isn't covered | | | |
| Limits or exclusions | \$0 | | |
| The total Mia would pay is | \$0 | | |

Note: These numbers assume the patient received care from an IHCP provider or with IHCP referral at a non-IHCP. If you receive care from a non-IHCP provider without a referral from an IHCP, your costs may be higher. The plan would be responsible for the other costs of these EXAMPLE covered services.

Discrimination is Against the Law

Medica complies with applicable Federal civil rights laws and will not discriminate against any person on the basis of race, color, national origin, age, disability or sex. Medica:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: TTY communication and written information in other formats (large print, audio, other formats).
- Provides free language services to people whose primary language is not English, such as: Qualified interpreters and information written in other languages.

If you need these services, call the number included in this document or on the back of your Medica ID card. If you believe that Medica has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with: Civil Rights Coordinator, Mail Route CP250, PO Box 9310, Minneapolis, MN 55443-9310, 952-992-3422 (phone/fax), TTY 711, civilrightscoordinator@medica.com.

You can file a grievance in person or by mail, fax, or email. You may also contact the Civil Rights Coordinator if you need assistance with filing a complaint.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room 509F, HHH Building, Washington, D.C. 20201, 800-368-1019, 800-537-7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

If you want free help translating this information, call the number included in this document or on the back of your Medica ID card.

Si desea asistencia gratuita para traducir esta información, llame al número que figura en este documento o en la parte posterior de su tarjeta de identificación de Medica.

Yog koj xav tau kev pab dawb kom txhais daim ntawv no, hu rau tus xov tooj nyob hauv daim ntawv no los yog nyob nraum qab ntawm koj daim npav Medica ID.

如果您需要免費翻譯此資訊,請致電本文檔中或者在您的Medica ID卡背面包含的號碼。

Nếu quý vị muốn trợ giúp dịch thông tin này miễn phí, hãy gọi vào số có trong tài liệu này hoặc ở mặt sau thẻ ID Medica của quý vị.

Odeeffannoo kana gargaarsa tolaan akka isinii hiikamu yoo barbaaddan, lakkoobsa barruu kana keessatti argamu ykn ka dugda kaardii Waraqaa Eenyummaa Medica irra jiruun bilbila'a.

اذاكنت تريدمساعدة مجانية في ترجمة هذه المعلومات. فاتصل على ألرقم الوارد في هذه الوثيقة أو على ظهر بطاقة تعريف ميديكا الخاصة بك.

Если Вы хотите получить бесплатную помощь в переводе этой информации, позвоните по номеру телефона, указанному в данном документе и на обратной стороне Вашей индентификационной карты Medica.

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COMIFB-0119-I